

DISASTER PREPAREDNESS



We recommend having enough supplies on hand to be self-sufficient for **7-10 days**. If there are several people in your household, multiply the recommended supplies below by the number of people in your household.

FIRST AID • FIRST AID KITS • FIRST AID



Some prepackaged first aid kits are available for purchase. Make sure you know how to use everything in the first aid kit and have basic first aid training.

- Multiple packages of sterile gauze
- Sterile cotton balls
- Antiseptic wipes
- Medical tape
- Antibacterial ointment
- Acetaminophen and Ibuprofen
- Anti-diarrheal medicine
- Iodine tablets
- Activated charcoal
- CAT tourniquet (at least one)
- Clothing shears
- Isopropyl alcohol
- Bottle of water
- Eye wash
- Nitrile gloves
- CPR barrier mask
- Lidocaine wipes
- Inhaler

AT HOME • AT HOME • AT HOME



- Plan with your family on how to react to different scenarios; plan and develop criteria for when you should stay, and when you should leave.
- Agree on two meeting places. The first meeting place should be close to your home for very localized disasters such as a fire or a gas leak. This may be a neighbor's house or a telephone pole. The second place should be away from your neighborhood in case you're unable to return home.
- Store copies of documents on hand such as insurance policies, birth certificates, and copies of your will away from your home. You may consider a family member's house or a bank safe deposit box.

AT WORK • AT WORK • AT WORK

- Secure any work equipment or furniture like bookshelves, cabinets, desks, and computers. Be sure to disconnect any electronic devices from the wall sockets, and turn off the water and any gas pipelines.
- Get any preparedness kits that include any safety information, shut-off main locations, and first aid supplies.
- Conduct in-service training workshops such as tornado drills, first aid, fire drills, shelter locations, and initial damage assessment practices.
- Train each employee in the location of the nearest shelters to their work station, the nearest exits, and the storage sites for emergency equipment.
- Check the people around you and begin first aid triage
- Know how, where, and when to evacuate and take a full headcount
- Watch out for downed power lines
- Call first responders by dialing 9-1-1



SUPPLIES • SUPPLIES • SUPPLIES

FOOD & WATER

- 1 gallon of water per person per day (add extra for pets)
- Canned food and dried food
- Oatmeal, packaged soups, cookies, protein bars

TOOLS AND SUPPLIES

- Battery powered radio
- Flashlights and extra batteries
- Manual can opener
- Tool kit
- Lighter
- Whistle
- Duct tape
- 10 yards of 550 cord
- Toiletries
- Pen and paper
- Cash (enough for you and your household to live for one week)
- Plastic plates, bowls, and cups

CLOTHING AND BEDDING

- Sturdy boots
- Gloves
- Raincoat and hat
- Blankets and sleeping bag
- Cold-weather clothing

MISCELLANEOUS

- If you have a baby, keep formula bottles, diapers, medication, clothes, and toys on hand.
- Prescription medications for at least 2 weeks
- Books, games, puzzles
- Important documents such as insurance policies, wills, personal IDs, credit cards, and a household or office inventory.
- Family photo
- Pet food



AT SCHOOL • AT SCHOOL • AT SCHOOL



- Identify hazards likely to happen at schools such as fires, tornados, and active shooter events.
- Make sure the school has updated evacuation routes, protocols to reach parents and caregivers, and a plan to care for students in the interim
- Make sure that students are drilled on what to do, where to seek shelter, and are aware of the nearest exits to their classrooms.
- For maintenance staff, teachers, and administrators in the school, please see the section "At Work" for additional steps.

IN THE CAR • IN THE CAR • IN THE CAR



- Whenever possible stay off the roads whenever there are downed power lines and flooding.
- If possible, find a place to take shelter such as an overpass or an underground parking garage. If flooding or a hurricane is the primary concern, seek high ground like an overpass or elevated earth.
- Carry a 72-hour rucksack in your car with extra water, some canned food, a radio, a flashlight, and local maps.